

## Who is CDF



Since 1990, Celiac Disease Foundation (CDF) has been dedicated to promoting awareness of Celiac Disease to increase the rate, and shorten the time, of diagnosis. CDF is constantly expanding the supportive community for patients, families and healthcare professionals. CDF is actively involved in advocating for patient concerns and networking with other national and international organizations to improve the quality of life for Celiacs and their families.

## CDF Mission Statement



Celiac Disease Foundation is a nonprofit, public benefit corporation dedicated to providing services and support regarding Celiac Disease and Dermatitis Herpetiformis, through programs of awareness, education, advocacy and research.

## CDF Membership



CDF is a national membership organization. Become a member and help support our ongoing efforts to raise awareness of Celiac Disease. Find out more by visiting the CDF website at [www.celiac.org](http://www.celiac.org)



# Celiac Disease Foundation

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This pamphlet is intended to provide basic information about Celiac Disease. Information contained herein has been approved by the CDF Medical Advisory Board.

It is not intended to provide, nor does it constitute, medical advice. Dietary changes based on information in this brochure should not be initiated without first consulting a physician.

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**Leslie and William Elkus**

# CELIAC AFFECTS 1 OUT OF 133...

ARE YOU THE ONE?



## THE FACE OF CELIAC DISEASE™



Celiac Disease Foundation

[www.celiac.org](http://www.celiac.org)

# CELIAC AFFECTS 1 OUT OF 133...

## ARE YOU THE ONE?

You've heard of Crohn's Disease, Cystic Fibrosis, Multiple Sclerosis and Parkinson's disease.

### Have you heard of Celiac Disease?

**Celiac Disease** affects more people than all of these disorders *combined!* Alarming numbers because Celiac affects children as well as adults, men and women. Yet **97%** of people with Celiac Disease go **undiagnosed**.

**Celiac Disease** is one of the most common genetic conditions in the world. Celiac is a multi-symptom, multi-system disorder, activated by eating gluten - proteins found in wheat, rye and barley. Symptoms vary and are not always gastrointestinal.

If you can identify with any of the symptoms or diagnoses listed here – you might have Celiac Disease.

### SYMPTOMS OF CELIAC DISEASE MAY INCLUDE ONE OR MORE OF THE FOLLOWING:

- ▶ Recurring bloating, gas or abdominal pain
- ▶ Chronic diarrhea or constipation or both
- ▶ Unexplained weight loss or weight gain
- ▶ Pale, foul-smelling stool
- ▶ Unexplained anemia
- ▶ Bone or joint pain
- ▶ Behavior changes/depression/irritability
- ▶ Vitamin K Deficiency
- ▶ Fatigue, weakness or lack of energy
- ▶ Delayed growth or onset of puberty
- ▶ Failure to thrive (in infants)
- ▶ Missed menstrual periods
- ▶ Infertility male and female
- ▶ Spontaneous miscarriages
- ▶ Canker sores inside the mouth
- ▶ Tooth discoloration or loss of enamel

OR

### HAVE YOU OR A FAMILY MEMBER EVER BEEN DIAGNOSED WITH THE FOLLOWING?

- ▶ Type 1 Diabetes
- ▶ Dermatitis Herpetiformis
- ▶ Thyroid Disease
- ▶ Osteopenia/Osteoporosis
- ▶ IBS
- ▶ Chronic Fatigue Syndrome
- ▶ Fibromyalgia
- ▶ Peripheral Neuropathy
- ▶ Sjögren's Syndrome
- ▶ Eczema

**Do not self diagnose.** Talk to your healthcare provider about specific blood tests for the preliminary diagnosis of Celiac Disease. These tests measure certain antibodies in the blood.

**You must be following a daily diet that contains gluten in order to get accurate test results.**

### RECOMMENDED BLOOD TESTS:

- ▶ **Anti-tissue transglutaminase (tTG-IgA)**  
commonly used whether or not symptoms are present and the most sensitive test available.
- ▶ **Anti-endomysial antibody (EMA-IgA)**  
very specific for celiac disease but is not as sensitive as the tTG/IgA.
- ▶ **Total Serum IgA**  
used to check levels to exclude selective IgA deficiency that results in a false negative test.

Please note that children under 2 years of age are likely to have false negative blood tests because the body has not had sufficient time to make the antibodies being tested.



If the result of the blood tests indicate Celiac Disease, your doctor may suggest a small bowel biopsy. This is usually an outpatient procedure, which is performed endoscopically. Samples of the lining of the small intestine will be studied under a microscope to look for damage and inflammation. When both the blood test and biopsy are positive, a presumptive diagnosis of Celiac Disease can be made.



When the diagnosis of Celiac Disease is uncertain or if you have already eliminated gluten from your diet, genetic testing is available that identifies the markers which can place you at high risk or low risk for Celiac Disease. **Genetic testing does not diagnose Celiac Disease - it rules it out.** Genetic counseling is recommended to interpret this test.

Celiac Disease is a lifelong, inherited autoimmune disorder. It is classified as both an autoimmune disorder, because the body is damaged by its own immune system, and a disease of malabsorption, since your body cannot absorb the nutrients it needs to function properly.

The onset of Celiac Disease can occur at any time in a person's life. Once you are diagnosed, urge your family to get tested as well.